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# A lecture to young men on the preservation of health, by a ...











77

A

Lecture to Young Men

ON

THE PRESERVATION OF HEALTH

AND THE

PERSONAL PURITY OF LIFE.

BY A GRADUATE.

(FIRST EDITION.)

LONDON:  
HENRY RENSHAW, 356, STRAND, W.C.

1885.

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STARCH ... ..	85.53
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PHOSPHORIC ACID IN ASH ... ..	87
POTASH ... ..	37

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A

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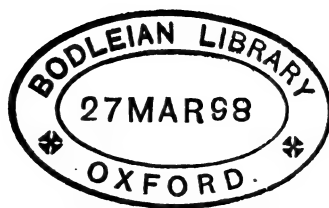
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## PREFATORY NOTE.

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**T**HIS Lecture has been compiled in the interests of that large class of young men who, ignorant of the physiology of their frames, and of the laws of healthy living, and of purity of life, have been victimised in turn by vice, and by those who prey on the vices of humanity. As a contribution to health-science, and no less to morality, I dedicate this pamphlet to each sufferer.

## A LECTURE TO YOUNG MEN.

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THE subject of the present lecture is a matter which is beginning to attract the notice, not only of medical men, but also of teachers, and all who have to do with the care of youth. I refer to the habits in connexion with sexual and allied excesses which are so destructive, not only of the health of young men, but likewise of their mental happiness and of their intellectual powers.

The present is no theme which is to be spoken about with bated breath; on the contrary, it demands plain speaking of an unmistakable order. The surgeon who has to deal with a cancer does not veil from himself or his patient the nature of the disease. He boldly faces his task, ascertains the extent to which the disease has spread, and takes his measures accordingly for the relief of the case. So is it with the moral disorders which have invaded our nature. They require the application of healthy common sense as well as of science for their repression. Ignorance is the parent which, in this matter, has brought forth a copious progeny of vice and misery, and the sooner the veil is rent from the so-called mysteries of this subject, the sooner will the health and morals of our young men be placed in

safety. As things exist now, both are in extreme jeopardy, and many a young man has gone to shipwreck on the sands of ignorance through want of a helping hand to steer him into a safe haven.

I have been induced to pen these words by the consideration of the tremendous amount of harm which is being done to young men at the present time by want of the necessary knowledge of the physiology or functions of their frames. The evil to which I refer, is, in plain language, *masturbation*, a practice which consists in irritation of the organs of generation with the hand. This vice—for vice it is—is practised to an extent of which none can dream save those who have had opportunities of ascertaining the real facts. Among the latter, I may lay claim to rank myself. I have had, through special circumstances, exceptional opportunities of knowing of the prevalence of this habit among youths. Equally, I have had occasion to know something of the often heartrending despair which seizes upon the victims of this habit,—a despair which is rendered trebly terrible by the lies of quacks which are circulated broadcast in our streets, which are posted on every hoarding, and which in other ways are circulated abundantly through our land.

Between becoming the prey of quacks—for the victims of masturbation will not consult respectable medical practitioners on account of the feeling of false shame which it engenders—and existing in a state of body and mind sufficient to ruin the health of the most robust, the unfortunate youth has no choice. The medical profession has long been inclined to treat such cases with a light, and often

flippant, touch; and the remark often made by physicians to those who have consulted them, that "there is nothing wrong," leaves the sufferer in the same state of utter despair as before. Assuming what is probably quite true, that there is "nothing wrong," the physician too often treats the case as of no moment. Physically, however, as well as mentally, it is of moment, because the sufferer, a prey to his fears, exhibits the reaction of body upon mind. He is tortured by visions of premature decay, of impotency, and of the thousand other ills which quacks know so well how to paint in glowing colours. Between the Scylla of the qualified physician, who considers such cases of no moment, and the Charybdis of the quack, who magnifies every symptom into a mountain of disease, the young man who has been guilty of masturbation finds himself driven into despair.

A word of serious warning against quackery may preface our discussion of certain chief points to be hereafter noted. In the first place, let me earnestly recommend my readers *never to consult any doctor who advertises his abilities in the public newspapers*. All quacks do so, and a very few qualified physicians advertise also. But both classes of advertisers are "quacks," pure and simple; for the plain reason that, while the pure "quack" is an illiterate scoundrel, advertising his cures, his elixirs, or his sham electric belts, the qualified physician who advertises asserts his abilities as superior to those of his respectable brethren. Advertising is justly condemned by the medical profession. It is an infringement of medical ethics, and of that pro-

fessional dignity which is at once the safeguard of the public and the glory and honour of medicine. Therefore I repeat, *avoid all advertising doctors.*

At the present moment there are several men advertising their abilities in the public journals who have been struck off the roll of the medical profession for these and allied practices. The "advertising dodge" is often repeated in another fashion, by the announcement of some work or works, relating to the reproductive organs, which the author has produced. It is difficult to see how and why such books—tacitly professing to be meant for medical readers alone—should be advertised in newspapers. The explanation, however, is simple. The unwary reader thinks the author of such a work must be a "shining light" amongst his professional brethren, and he accordingly rushes to consult the individual in question. The true specialists and authorities in every department of medicine *never advertise.* Let my readers bear this fact in mind, and let them accordingly avoid, if they would save money and regain health, all such persons. When a medical man has to be consulted, let patients choose a respectable physician or surgeon. If they do not know the address of such, let them select those physicians and surgeons whose names they see attached to our great hospitals and infirmaries. These are certain to be men of high reputation and of equally high morality. But, even with the ordinary physician or surgeon, a patient is at least in safe hands. He will not be asked for his £25 or £50 (to be paid beforehand) for a cure, which, alas! may not, and very often never



does, succeed the payment of the monstrous fees these quacks charge. Hence, again, I say never consult doctors who advertise. Avoid, as you would a plague, the host of quacks who are willing to send their treatises on "marriage," &c., *gratis*, on receipt of your address. Be careful to avoid all "institutes of anatomy," "medical dépôts," and other high-sounding institutions. They are the abodes of the quacks who fatten on the ignorance and credulity of those who are ignorant and credulous through, perchance, no fault of their own, but of their education, which, whilst it provides information on all other topics, leaves the personal health of our youth a prey to the brigands and bandits of modern society,—the quacks who profess to treat and cure (!) the ailments of the reproductive system.

In illustration of my remarks, and to show how quacks effect their purposes, I may mention that in a case, the details of which I can vouch for, a notorious London quack, hailing from the West-end, was applied to by a scientific man,—wishing to test the quack's actual knowledge,—to analyse a sample of urine. The quack replied he would do so for a fee of a guinea. Thereupon the supposed "patient" sent him a guinea and a small bottle of the urine of a healthy little girl aged eight. A sample of the urine was at the same time handed to a physician for a purpose to be presently noted. The supposed "patient" was careful to make no mention of the nature of the urine, or to say whence the sample was obtained.

In a few days the physician reported that, under



microscopical and other tests the fluid was healthy in every respect. Then came the quack's "report." This was a formidable document, foolscap in size, and evidently written in a stereotyped form. It detailed that the urine sent showed signs of serious disease, that it was full of spermatozoa, that the "patient" was in a highly precarious state of health, and that the quack would not answer for the consequences unless the patient at once placed himself under his treatment, sent him a fee, and obtained the usual "course of medicine." The quack had been beautifully "taken in and done for," since he had supposed the urine was that of a male, and that he could ply his nefarious tricks undiscovered. The supposed "patient" then revealed his true colours. He denounced the quack as a vile swindler, placed the matter in the hands of his solicitor, and was duly refunded the fee which he had paid to the impostor. How many dupes this London vampire has deceived before and since, may be left to the imagination of my readers. Let me once and for all say that the quacks who advertise are of similar nature to the impostor who was so neatly trapped by the scientist. A little infusion of quassia has been found to represent the "elixir" of the quack, and the pills which were advertised as warranted to restore strength and vigour were found, when analysed, to be the ordinary tonic pills which every chemist sells at a fractional part of the price charged by the quack.

It is with the view of enabling them to avoid these pests of society, and of recommending certain plain hygienic rules to youths, that I take pen in

hand. I do not propose to iwrite a medical treatise on diseases of the reproductive system, but to indicate shortly the following points:—1. The nature of the male reproductive organs and their work; 2. The nature of the ailments which follow the practice of masturbation; and 3. Certain plain rules of health to be followed by those who wish to be well and to remain well in respect of escape from the vice I have named.

Such instruction may likewise be regarded as not only useful, but as highly essential in guarding our youth from falling a victim to the vice in question. "Prevention is better than cure," and, warned not only against the vice itself, but instructed in the natural physiology of the reproductive organs, we may hope to make youth a period of true happiness, because it is a healthy period, and defeat the foul works and ways of the quacks who prey upon the sexual ignorance in which our young men are to-day brought up.

It is needful, in the first place, that I should say a warning word regarding a pet phrase of quacks—I mean the term "*Nervous Debility*," which figures so largely in the pamphlets with which our streets are flooded. This term is the watchword of the scoundrels who prey upon our youths, and fleece them of health and money alike. Now, what, let us inquire, is the meaning of the phrase? I reply, it has no meaning whatever, as used by the quacks. It may imply anything or nothing. It is as indefinite a term as you will find in the English language. There is no such disease known to physicians as "*Nervous Debility*." Taking the words, literally,

the phrase means a weakness of the nervous system ; but common sense teaches that this statement indicates no such disorder as the quacks imply. Least of all does it indicate that the generative system is a total wreck, and the victim on the verge of the grave, as the specious statements of these charlatans would lead the unwary to believe. I shall show presently that another ailment made much of by quacks—namely, *spermatorrhœa*—is a very rare disease. Of this hazy condition they name "*Nervous Debility*," I affirm that it is simply non-existent. There may exist languor, weakness, inaptitude for work, melancholy, and depression, it is true, in those who have been guilty of masturbation ; but all these symptoms may be found as fully developed in a person who suffers from simple indigestion, as in one who has been addicted to self-abuse. As a distinct disease, I repeat "*Nervous Debility*" has no existence. If, therefore, you find any man making use of this hazy term, and enlarging upon the dangers of the ailment, set him down at once as a quack and a deceiver, and avoid him as you would avoid a plague. The phrase "*Nervous Debility*," used as it is in the literary garbage of the streets, is a sure sign of the charlatan. It is a term which has frightened thousands into believing they were on the high-road to the grave ; yet it is only a quack's "bogey" after all.

The knowledge of the anatomy and physiology of the reproductive organs is a necessary preliminary to the understanding of the cure of the common ailments which beset our youth. This subject may be approached in a scientific spirit, since the study

of physiology is coming, both in England and in the United States, to be duly appreciated as a branch of common education.

In the male, the organs of generation consist of the *penis*, and the *testes*, or testicles. The former serves not only its purpose in generation, but acts as the outlet of the bladder, wherein the urine—which passes from each kidney down a tube called the *ureter*—is stored until it is voided in the act of micturition. The functions of the testicles, which are contained within a fold of skin called the *scrotum*, is to produce the *semen*, or *seminal fluid*, which is the essential agent, as far as the male is concerned, in the act of reproduction. This fluid is stored in certain receptacles, called the *seminal vesicles*, but the testes are themselves the manufacturers of the semen. Their structure is highly complex, indicating that the secretion of this fluid is a work involving great elaboration. Semen itself is a slightly alkaline fluid, but which, when emitted, it should be noted, has mixed with it other fluids, the secretion of certain other glands associated with the testicles themselves. Thus, *Cowper's glands*, two small bodies, supply a certain quantity of the seminal secretion; and still more so does the *Prostate gland*, which, indeed, may be said to add most largely to the bulk of the seminal secretion.

Contained in the seminal fluid, and forming apparently its most essential parts, are large numbers of living particles, named *spermatozooids*, or *seminal animalcules*. These are extremely minute bodies, only to be discerned by the aid of a powerful microscope. They are seen in healthy semen to

be in active movement. Each consists of a pear-shaped head and of a tail, by the versatile movements of which the animalcules move. In the act of copulation, the seminal fluid, along with the other secretions with which it is mixed, is discharged.

Now, it is this fluid which in the act of masturbation is emitted as the result of the morbid and unnatural excitement produced by the individual himself. The lower animals (monkeys, dogs, &c.) are known to masturbate under conditions of excitement, and the human being who gives himself up to this form of solitary indulgence is therefore debasing his intellectuality to the level of the brutes, in addition to wreaking upon himself, sooner or later, the vengeance in the shape of broken health, which Nature inflicts upon all who despise and break her laws.

We now come to the discussion of the second of our topics—that of *the nature of the ailments which follow the process of masturbation.*

Briefly enumerated, the individual who has long given himself up to this habit loses his freshness and buoyancy of spirits. He becomes feverish and excited, and has a craving for perpetual stimulation, which in its turn finds a vent in the vice just named. He cannot confine his attention to his business. He becomes moody and suspicious; he loses flesh; his digestion becomes disordered through the drain to which his nervous system and body are together subjected; his mind becomes disarranged; and should he persist to extremes, as some have been known to do, in his vice, he may become a lunatic of well-nigh hopeless kind. Where the habit has

been practised, even moderately, there is apt to follow a train of nervous symptoms which affect the digestion and the health at large. Such are the symptoms seen in those addicted to this evil habit, which at the best is only a degraded reflex of the generative act, and, like all such parodies, is of thoroughly degrading nature.

Two very serious questions now arise before us for consideration. The first of these relates to the question of the necessity of sexual intercourse for the health of those who are adults—for I need hardly remind my readers that none who have not attained the period of adult life have any right or title to trouble themselves regarding their sexual organs at all. This is exactly the harm done by masturbation in youth. The body is only then forming, and all its powers are needed for the acquirement of its full growth. A great teacher has laid down the law that nutrition and reproduction are opposed and antagonistic duties. This is highly true. Hence the youthful body which has its vitality detracted from by the vice of masturbation, must necessarily suffer in its due nourishment; and thereby begins the train of evils which are so common among the youth of our day.

But, in the second place, the topic of sexual indulgence for a young adult is one which really involves a great and fundamental question of morality. It has been urged by a certain class of persons that as the healthy body must exercise all its functions, so sexual intercourse becomes necessary for the adult individual, and it is also argued that masturbation is merely the unnatural satisfying of the desire for

intercourse. This is specious reasoning, but it will not stand examination. In the first place—and leaving the question of female morality out of sight for the moment—such indiscriminate intercourse is not only impossible in any well-ordered society, but is utterly repugnant to the best feelings of manliness, and to the tender passion of love and esteem on which all true sexual relations are alone to be founded. In the second place, if the young man is advised to have recourse to prostitution, to satisfy his supposed sexual wants, it may be urged that, apart from the offence against morality, such advice would be of singularly dangerous character, seeing that syphilitic disease of the most serious nature may thereby be contracted. It is no secret that medical men have erred now and then in advising young men to engage in sexual intercourse.

Speaking on this point, Dr. T. Clifford Allbutt, of Leeds, the well-known physician, has recently said:—

“I most earnestly hope our own profession will not be behindhand in scorn of the ‘conspiracy of silence,’ and, true to the honourable traditions of its past, will labour to prevent the defilement of the temple of the soul, as it labours to prevent other pestilences perhaps scarcely more material. It were foolish to deny that medical men of eminence have been thoughtless enough (I will use no stronger word) to countenance or even to prescribe irregular sexual indulgence to young men; but I dare hope that whoso has done this has repented bitterly during the last four weeks. You have, sir, given true and commanding words to us when you say: ‘It will often be found that there is a prevalent opinion that sexual immorality is to celibates a physical necessity, an attribute of manliness, and even a collateral or prevalent condition of health. This degrading error has been so vigorously denounced by the ablest of modern physiologists, that no one has longer any pretext for entertaining or promulgating it. It has been the source of much evil, however; and

wherever such an opinion is met, it must be energetically denounced.'

"The secret influence of medical men in raising the tone of society, and especially of men, on the point of sexual honour is enormous and incalculable; and, for my part, had these disclosures been withheld to the end of my own days, I should have felt that the nation had been betrayed. Now that our eyes are thus rudely opened, even the best of us may feel conscience-stricken; and may our vigilance henceforth prove equal to our opportunities of working for purity, and of teaching the higher laws of the nature of man."

Every one who desires the welfare of youth will cordially re-echo the words of this able physician in his denunciation of the immoral counsels to which I have alluded. Nor is physiology wanting in her support of such good advice as that Dr. Allbutt gives. Let us consider that, while it is true the seminal secretion in the healthy adult is being duly formed, it is equally true that nature finds an important use for this secretion other than that of being employed in reproduction. Although semen is being continuously manufactured by the testicles, it should be borne in mind that *it is in great part re-absorbed into the blood, and is thus made to do duty in the nourishment of the frame.* Herein is found a perfect reply to all immoral counsels regarding the necessity of sexual intercourse for unmarried persons. Nature provides that this fluid shall contribute to the nourishment of the tissues; that it shall not be wasted, but play its due part in that great system of economy which everywhere prevails in the living worlds. Hence to young men I say, "Be pure; be continent always. There is no excuse—nor the shadow of an apology—for your rushing into vice on the poor and erroneous plea that your nature



requires it. Guard against the approach of evil in this direction, and know that the best and wisest of physicians have never countenanced any lapse in morals such as has been suggested by some unscientific teachers."

This leads me in the next place to direct attention to these common cases wherein nature appears to relieve the adult by *the involuntary emission of semen during sleep*. Here it is that the quack intervenes to reap a rich harvest from his dupes. A common case is that of a young man who, while in perfect health, begins to be troubled with such nocturnal emissions. He knows nothing of their nature. It dawns upon him that there is something seriously wrong with him. He becomes moody and morbid in mind. He then reads a quack treatise. The symptoms of an affection which all physicians know rarely exists, and which is named *spermatorrhœa*, are described in this precious compendium in such a way that the reader is naturally led to identify the simple nocturnal emissions of health with the disease. He flies to the quack, tortured with the thought that he is on the verge of consumption and other grave diseases. And so once again the prey is captured, and only when his purse has been lightened, and his nerves disorganised, does the young man awake to the knowledge of his own stupidity and the quack's deceit.

This is a type of thousands of cases. *So long as healthy young men are not taught that nocturnal emissions are both natural and to be expected; so long as they do not know that such occurrences are signs of health—not of disease; so long as they are not*

*taught that these symptoms represent only the natural overflow of a healthy body—so long will they be duped by quacks and made miserable until light dawns upon their understanding.*

I shall speak presently of nocturnal emissions which are too frequent in their character. What I desire to impress on the minds of my readers now is, that in the case of ordinary healthy men, these emissions are both natural and so far healthy, and that therefore they should take no notice whatever of them. Where the mind has become excited, as it usually is through the perusal of quack literature, each emission comes to be viewed by a nervous person as “a most serious loss to the system,” to quote the words of a shady practitioner who has preyed for years on the follies and fancies of youth. Occasionally, too, through a slight disturbance in health, through mental worry, over-exertion in exercise and sports, and, above all, through the existence of constipation or indulgence in late suppers, these emissions may become more frequent than is proper to health. But even then, little or no harm is done to the system, and the healthy individual suffers from no ill effects whatever. His duty is to avoid the causes just named, and to guard against all exciting tendencies in the way of foods, &c., as will be noted later on.

An eminent physiologist, Dr. Henry Power, in his recently-published manual of that science, says “the seminal fluid is discharged, in the absence of all sexual excitement, in many cases, perfectly naturally, about once in three weeks or a month. Self-abuse,” he continues, “too often practised by

youths, is strongly to be deprecated, since it produces both mental and physical exhaustion, incapacity for work, and unwholesome trains of thought."

To these words, let me add a strong and important qualification. The sexual capacities of different individuals vary like their mental or muscular acquirements. Hence, we cannot lay down an universal law regarding the frequency of emissions in health, and concerning what is a normal and what an unnatural number of these occurrences. I have known of healthy individuals who are subject to an emission every week; in other cases once in ten days, in others again once in a fortnight; each and every case exhibiting perfect health. I regard the average rule in healthy and robust persons as perhaps once in ten or twelve days. Unless there is any special reason for the more frequent discharges—such as constipation, change of living, the want of exercise, exciting diet, or stimulation of mind by books, &c.—I should recommend the cause of the frequent emissions to be investigated.

At the same time, let it be understood that there is no fixed rule; and that the only test for the over-frequency of the emissions must be the individual's health. It is, indeed, lamentable, with the plain knowledge before us of the utter harmlessness of these emissions, to see youths either regarding themselves as affected with the "spermatorrhœa" of the quack, or as suffering from other grave evils with which the quack knows so well how to adorn his pages. It is equally lamentable to see young men flying either to masturbation or to prostitution as a relief from the fancied evils of abstinence, when

science has so plainly decreed that there is no need or justification for impure and illicit intercourse or for solitary and health-killing vice. The great gift and glory of self-command, believe me, is never more worthily cultivated or more clearly illustrated than in the wise ruling of sexual desires. Properly indulged in, in marriage, these desires are naturally exercised. None but wantons and obscene writers have ever ridiculed the philosophy of the marriage-bed, which, as the Apostle put it, is "undefiled." "Be ye pure in all things," is a maxim in enforcing which Stoics and latter-day philosophers equally agree; and science aids the young man in this striving after purity by wise counsel and with cheering voice.

The third and concluding topic to which I advert is that concerning *the treatment of the ailments which masturbation and sexual excesses entail*. Here I do not profess to enter into the details of medical practice. In the majority of cases no medical aid is necessary. Certainly no details are required to be given which the layman cannot understand and follow out to the full. The treatment is *hygienic*, for the most part, rather than medical in its nature. It relates to rules of healthy living, rather than to the cure of disease. It aims at correcting errors in ordinary living, rather than at dosing patients with drugs.

I shall endeavour to be thoroughly practical in my advice, and, having no personal interest, whatever, in any drug or appliance, I shall simply state the results of a tolerably wide experience in the treatment of these ordinary complaints of youth.

I shall enumerate my recommendations under the following heads :—

1. Where nocturnal emissions in a healthy person are of too frequent character, I advise the “patient”—if I may so term him for convenience’ sake—to closely examine into his mode of life. Experience has shown that in nine cases out of ten, *constipation* is at the root of the symptoms. Remedy this condition, then, in the first instance. *A person who goes to bed with his bowels loaded, is almost certain to suffer from too frequent emissions.* Therefore, I say, correct constipation as a fundamental rule of treatment. To this end, drink a glass of cold water on rising each morning ; or take twenty drops of Parke and Davis’s “*Cascara Cordial*” (an excellent and safe remedy), in water, an hour before food, once or twice daily ; eat stewed fruits, or fresh fruits if in season ; but beware of falling into the too common habit of taking aperient medicines perpetually, or of taking any drug for more than a short time. Medicines are only of use in setting the system in order ; diet must do the rest. Especially would I advise patients to abstain from their usual amount of tea and coffee until they are returned to health. That excessive tea-drinking is only too common is an undoubted fact, and the effects of this practice upon the nervous system, and also in inducing constipation, are undeniable. I would recommend, in addition to the use of fruits and vegetables above noted, the practice of substituting for tea at breakfast some preparations of cereals, and of this class of foods none is more worthy of a trial than the Midlothian Oat Flour, manufactured

by Messrs. A. & R. Scott, of Glasgow and London. This flour is well calculated to assist the cure of constipation, and it is, besides, a thoroughly pure and nutritious food.

As regards exercise, see that open-air exercise is taken daily, but not so as to fatigue the patient. *Over-fatigue* in exercise, and specially in cycling, is a frequent cause of emissions. Close confinement in trade, and especially in a warm place, predisposes to over-frequency in this respect, and lowers the general health as well. The *cold sponge bath* each morning, with a copious application of the water to the back of the head and spine, is not only a health-producing measure, but is a preventive of emissions in those who are suited for the bath. Brisk friction with a hard towel should follow the bath. Bathing the genital organs also in cold water night and morning, is likewise to be recommended.

The *avoidance of suppers and fluids late at night* is to be specially insisted upon. Late suppers invariably cause dreaming, with a nervous liability to emissions; while fluids taken late at night unduly distend the bladder, and cause pressure and irritation in the neighbourhood of the reproductive organs. Hence both sources of irritation are to be duly noted.

The diet must be simple; alcohol, pastry, salt meats, cheese, and all stimulating foods are, of course, to be eschewed. The rules for healthy living at large, are those requiring observance in the present case.

Sleeping on the back is also to be avoided. A reel of thread may be tied in the middle of the back,

so as to cause the sleeper to awake should he sleep in this position. A hard or spring mattress is the only bed suitable at once for health and for the patient. While last, but by no means least, the ventilation of the bedroom is to be duly attended to. Fresh air is a powerful natural medicine in this, as in all other respects.

2. A second class of cases comes before us in the shape of those who have practised masturbation, and who are suffering from the languor and ill-effects of the practice. Let me firstly insist upon the necessity for giving up the habit absolutely and entirely. There is no hope of reform for a patient who is still a victim to the vice. It must be "all or nothing" in this case. The practice is to be absolutely interdicted. This being made clear,—strength of mind, and a reflection on the evils vice engenders, should suffice to make the task of relinquishing it easy,—let the patient follow out the instructions just given. *All that has been said regarding avoidance of constipation, suppers and fluids late at night, diet, sleep, exercise, and fresh air, applies to the person who wishes to recover his health after the excesses of which he has been guilty.*

In addition to these details, and where the health is at a low ebb, there is a necessity for tonic remedies, which shall bring the system back to its normal condition. A wide experience has shown that no tonic equals in power Fellows' Syrup of the Hypophosphites. This should be taken in teaspoonful doses, twice or thrice daily, in a wine-glassful of water, an hour before or just after meals, as may be found most suitable. A course of this tonic will be

found to brace the system in a short space of time. Smoking, it may be added, should be given up, or practised in the strictest moderation only. Fer Bravais, in 15-drop doses, thrice daily, in a little water, may be employed. This is a reliable tonic and blood-making preparation, and is found not only to agree with the most delicate stomach, but may be used without fear of causing constipation—an effect commonly produced by ordinary crude forms of iron-tonics. In the cases to which I allude, Fer Bravais acts by imparting strength and tone to the system through its action on the blood. In certain instances Fer Bravais is found to act as a cure, through its counteracting the *anæmia* (or deficiency in the tone of the blood), on which many cases of generative weakness depend. It has also the advantage of not being in any sense a preparation recognised or regarded as a specific for these ailments—being prescribed generally as a simple, but effective, tonic for persons of all ages.

The following is also a good tonic where debility of the sexual organs has to be counteracted:—

Extract: Cocæ, Liq: two ounces.

Extract: Damianæ, Liq: two ounces. *Mix.*

*Label.* A teaspoonful in a wine-glass of water, about eleven and six o'clock.

In the treatment of these cases also, some physicians place great reliance upon a pill containing one-third of a grain of extract of belladonna and three grains of camphor. Any druggist will compound such a pill, one of which should be taken



each night at bed-time when the emissions are very frequent, and then every other night for a few nights only. Bromide of potash (twenty grains taken at bed-time in a wine-glass of water) is useful as a remedy in cases where great nervous irritability exists. The fewer drugs the patient has to do with, however, the better. His cure is hygienic, not medical, in its nature; and it should never be forgotten that all drugs are useless, unless the health measures relating to sleep, exercise, diet, &c., are duly followed out and persisted in.

Such measures, aided by the health rules as to food, cold sponging, &c., will restore the patient in the vast majority of cases. There are other remedies, however, which often form valuable aids to the foregoing treatment. Such are the applications of electricity as a nerve stimulant. In many cases electrical applications do an immense deal of good, and constitute means of stimulating the exhausted energies which are not only easily applied, but are painless and efficient.

I counsel my readers, however, to be certain that they obtain a genuine electrical appliance should they require to adopt the advice just given. There is no field of quackery which has been more assiduously cultivated of late years than that of electrical humbug. Sham "belts" abound. These consist simply of pieces of zinc or copper sewn into flannel. They produce no electricity, and are absolutely valueless as means of cure. A true electric "belt" must have means of producing a current, either by the application of acids, or by itself containing a battery of special make. If the public attended to

these details, they would be less liable to be defrauded of their guineas when paying high prices for articles not worth as many pence as far as the production of electricity is concerned.

As the result of a careful examination of his electric belts and appliances, and relying on scientific evidence of the highest description, one may fearlessly recommend those of Mr. Pulvermacher, of 194, Regent Street, London, W. These are appliances in which electrical currents are produced by means familiar to every scientific man; and they are therefore exactly what they profess to be—namely, genuine electrical means for the relief and cure of disease. A long list of eminent physicians testifies to the high character of Mr. Pulvermacher's belts, and, keeping this and other exact testimony in mind, there is no excuse for those requiring such appliances to undergo the pains and penalties of loss of money and dissatisfaction which the purchase of sham electric belts is certain to entail.

I would lastly remark that, as regards the phrase "spermatorrhœa," this word is simply a delusion and a snare. It is the catchword of every quack. It means that semen is involuntarily emitted with the urine, and at other times as well; and the quack pictures the dreadful consequences of this supposed "loss of vitality!"

Now, that such a disease exists, is actually denied by many physicians. At the best, it is extremely rare. What really happens is, that sometimes in straining at stool, and as a consequence of the constipation I have strenuously advised patients to avoid, the secretion of the prostate gland already named, or

a little mucus from the urethra itself, is pressed from the penis. This fluid, the quack alleges, is semen, and his dupes believe him. It is not seminal fluid at all, but merely the secretion of the gland already mentioned in the earlier part of this lecture. As such, it is of no importance. It will disappear when the constipation is corrected; and, even if a few seminal animalcules were found in this secretion on microscopical examination, their existence would still be perfectly natural, and would at best in no sense justify us in regarding the case as one of "spermatorrhœa." So much is made of this disease by quacks, that my remarks would be incomplete without allusion being made to the supposed ailment.

A final word regarding the time taken to cure such cases. It should be remembered that the cure may be a matter of weeks or months. Nature repairs herself but slowly in such cases, and the rules laid down regarding food, &c., should be adhered to after drugs have been given up. The latter means only serve, as I have remarked, to brace and tone the system. Perseverance in the hygienic measures I have noted, is to be insisted upon, and rigidly attended to. Above all, let the patient remember that a cheerful mind is the best medicine, and that only by exercising his self-control and common sense can he expect either to regain health, or to guide his footsteps in the pathways of continence and purity, which alone lead to happiness of life.

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